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Daily Thoughts - #3
Ruth Rosenstein



notebook

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August 26, 1982

One of those days when you know you have a lot to do around the house, but you just can't get started - also Linda was home sick & I just wasn't in the mood to clean. Later I made a real good chicken supper for Ken, Linda and myself and that was about it. I had a call from Phila. for Gene and I had to call him to tell him and, as we talked I asked if he saw Dona today & he said he did and thinks she's so nice.

August 27, 1982

Gene called this morning to tell me what he deposited into the bank and then talked to Ken a little - the day was normal until the evening about 10:15 PM when Gene came over before he left for work (overtime rate) he gave me a check for \$400 which was left over from his bail money ^(Dante put it toward my gilver credit loan) - the case is now closed. - the lawyer from Cartisle was able to take care of it before it came to trial again. Gene looked very sick tonight - his bad ear is inflamed & he needs his other hearing aid - Being I always cared for him, I kissed him on the lips & hugged him & he said I make

Tim feel so sad. Then he went upstairs, got what he wanted (saw Baby for a few minutes & then said goodbye) I always feel so sad when I see him.

August 28, 1982

Baby's taking me to the hairdresser & Linda will pick me up - She and I will spend the day together - lunch - movies - dinner at home - . While I was getting my hair done, Gene came over to see Ken, who was going to a wedding in Atlanta, Ga. and also he apparently wanted to pick up some of his clothes he'll need for the National Convention next week - It makes me sad that he went away from me, the second time, I'm ~~not~~ not really sure, he's the right man for me - time will tell. I hope I meet a few more men so I can make a comparison as Gene is doing now.

August 29, 1982

Ken will be coming back from Atlanta, Ga. tonight - Linda went out to breakfast with Angie - I just couldn't go - with all the nice things Linda & I did yesterday. I was real down last night and had a terrible night sleep - Linda says I always get this way on the week-ends - That's when Gene and I

were together the most - I guess I feel his presence the most at that time - I don't think he thinks of me that often because he probably goes out with her on Saturday nites. Kenny keeps telling me that if I follow a positive thinking path & do for myself - diet, positive thinking and activities - Gene will want to come back to me because then he will have everything to make him happy, along with what the therapist is teaching him about himself - I can't be ~~about~~ absolutely sure that I will feel the same about him 5 months from now - but everytime I think negatively I fall back 4 or 5 steps. So here I go again!!

August 30, 1982

Today wasn't a very up day - My diet wasn't on the right track today - too much bread - not enough counting of calories - I washed all my clothes - then Angie came over, crying - she had an accident & her car was pretty well smashed up - but she's OK. She was so afraid Jack would really be mad at her for it, but that's part of her problem today, she's not feeling confident because of his lack of communication with her & her mind was not on her driving.

August 31, 1982

I'm going to try to stay positive - again - work on this diet - keep myself busy - go to bed early! I read my positive thinking book today - fix my nails & hair & now I'm going to get busy and stop taking time to think of what Gene is thinking or doing because I really don't know!

September 1, 1982

I'm going to see Dona today - I know it will be fruitful - but I hear so much and it is all so true - but if I had to relate it to someone even myself - I can't. I wonder if she would let me tape it - probably not!

September 2, 1982

I went over to see Ange this morning and while I was there, Gene came over to our house to pick up some mail & to talk to Ken - I didn't even know he was here so I never came over to see him.

September 3, 1982

Gene stopped over again this morning for another housing check that came in yesterday & we had a real nice talk on the porch about normal things - I still care for him, somewhat.

maybe if I ever meet someone else the hurt
wouldn't be so deep. I often wonder if Gene
has the capacity to love any woman that deeply.
When he was about to leave, I couldn't keep but
say how sorry I was that I wasn't going to the
Convention with him and he said with tears
in his eyes - maybe next year. Sometimes I think
he pacifies me with that - It's hard to tell
about Gene. He also said he's learning a lot
about himself from Gona - of course he could
use that to his advantage with another
woman - negative me again! I wished him
a good trip & he said to enjoy Jim
Bailey's route when I go out with Gona
and her girlfriends.

September 4, 1982

We had a very nice time at the Holiday
Lounge last night - The show was wonderful -
the company was nice - but naturally as
I saw so many women with their men, I
felt so sad because Gene chose her over
me to enjoy himself with - I'm so very
hurt by that - It is such a rejection.
But as Kunalwaip says - every problem can
be an opportunity. I know if I can be

more consistently positive about myself and do more pushups for myself I will be a winner in the long run! I must achieve this weight loss and learn to drive! I mustn't sadden myself with negative thoughts - they only make me take 5 steps backward. I got my hair cut a little shorter today.

September 5, 1982

This is the day before Labor Day - Gene is in Philadelphia attending a telethon for muscular Dystrophy sponsored by Philadelphia's TWV - so Gene must represent the State - I would have loved to be there but looking as I did last year, I probably never would have attended - It took this fact to have me see myself as I truly was. I'm still learning as Gene is and I hope we get together again because we have such a long history together & I'd like to stay together till we die. I hope he thinks of me once in a while.

I'm having a little barbecue today for Linda's friends & Ken's. Bobby has to work & I called Ed's yesterday and everyone except Ed was a no-show.

But later today I got a call from East
Suburban that Gloria was brought there
but there is no bed so she'll be taken to
Western Psych - It's the old thing
again - She's hostile and threatening
people - She's very paranoid & doesn't
do much to keep herself - even if she
gets word of keep from others - verbally...
Maybe they'll keep her. I'm not letting
it upset me as before, so that it
consumes my life - whatever will be will
be and I can't keep her - professionals &
she has to. I will never burden Gene
with this again & if I do in any way
he has to tell me before he builds up
any hostility toward me. But that's in
the future.

(Saturday) September 6, 1982

It's a very beautiful day today - Jerry
Lewis has his telethon on today and I turn
that on every now & then - I made my
contribution in behalf of Jessie and Arnie.
I miss Gene very much today - It's so hard
for me to accept his not being part of our life -
I'm as bad as Gloria - I can't accept what
is - is.

Were having a small cookout today - just a few friends - I'm "zats up" and should be - I haven't achieved my weight loss but I won't give up - Tomorrow will be a good beginning. I must achieve at least two more important things - weight loss and driving. I've achieved a lot of insight into my problems and I'm coping with them much better than I did - but I have to achieve the other two goals in order to have a better life!

September 7, 1982

I'm feeling a bit depressed because Gene is at his convention, probably with her. How did my life get so screwed up!

September 8, 1982

Going to see Nora today & were going to begin our exercises tonight.

September 9 and 10, 1982

Nothing really special. I'm very busy with phone calls to hospitals & therapists. Christa back in East Suburban Hospital, again.

September 11, 1982

Got my hair done today - I'm really ready for a perm soon! Then I went to Jones & Kapp to check on my lenses.

Saturdays are about my worst days - because way back in the recesses of my mind - I'm always with Gene - I didn't realize or appreciate the time I had with him because I was so unhappy with myself - and the fact that he ignored me physically left me even more empty.

September 12, 1982

Gene will be coming home from the National Convention today - Oh how I wish things could have been different - but as I said so many times before - I never prepared myself for trips before - I always grew fatter - Food was my friend or I should say now - my enemy.

Gene did call me from work tonight to see what I wanted deposited in the bank tomorrow - but Ken answered the phone also and I was half asleep so they talked together.

September 13, 1982

Gene stopped over this morning to get his mail and give me my receipt, and I was so glad to see him, I kissed him & offered him tea and we talked about the Concord & his time there - I know he didn't miss me because she was probably there with him. He's not as lonely as I.

September 14 and 15th - 82

Nothing really special happening - Gloria still not doing well enough in the hospital. Linda is going to see Olivia Newton-John on Wednesday night - I'm happy for her. EDDIE & Trust's anniversary is on September 15th. I wish he wasn't so distant with me.

September 16 - 82

Gene is going to see Dona this morning and then he'll come over for a meeting with our plumber because our toilet needs replaced - I guess he wants to do this because maybe he'll be back someday or it adds to the value of the house. Naturally after the plumber left I got into a discussion with him and it led to me crying my eyes out and Ken acting as mediator. But Ken won't let me back! That infuriates me more! It comes down to Gene telling me point blank that he has no physical feelings towards me and that embarrasses me. I know this is partly mental and I wish he viewed of me with his eyes. He doesn't feel that way about her & enjoys her company & needs the time to learn about his thoughts of me. It made me feel so very bad!

September 17, 1982

I'm quite depressed today - but I must do what Ken & Linda ask of me - go on with my life and build a better Ritchie than before - weight & mentally. If I really want Gene to return I must let him see a new Ruth - bodywise first - so he can deal with me physically - and maybe mentally we can work together. I hope Dona can show him why he mentally rejects me physically because my weight. I know this problem has plagued him for years but he places it on my weight alone. And I didn't know how badly I was coming across to him mentally because he never told me.

September 18, 1982

Rosh Hashanah - A new Jewish year - I don't go to the synagogue but I feel goodness in my heart - If I have to leave Gene go for his happiness - I'll have to accept it - It will break my heart - but first I'll work hard to change me so maybe he'll accept this new Ruth - I'll still basically be me. I'm going out with the Davis's tonight.

I must write this down because things are much clearer to me now than before. For me to be truly fully happy within myself - I must get this, so I look pretty to me, so I'm not always jealous of everyone who is thin - that is only because I haven't used enough fortitude to maintain thinness ^{myself} - I've always hated not being a winner - If I and I should use when instead of if - when I become as thin as I want to - and I achieve independence unto myself (driving, going out with my friends, etc) and not depending on someone else to give me that happiness, then I'll achieve inner happiness because I'll feel like a winner within myself. When Gene can see me thin as he's always wanted to and after seeing that - when he feels strong about himself and knows that I'm not the fault for his inner trouble - and when he finds out that I don't have any power over his self-esteem - then maybe he'll come back and we'll both understand our inner problems I know I will try but is it too late for him with me?

Sunday - September 19, 1982

Yesterday evening was very nice, the
Danes were very kind to me and
took me out for dinner and then to
the Square dance — square dancing looks
like a lot of fun but it is basically like
all dancing — for couples — I felt a
little out of place because not only was
everyone with someone else but they
were just plain folks, I'm sure most
of them do not have sex all the time
and they looked just normal — not
like a disco crowd — And it made me
feel sad — Later when we got home —
Linda had Anne over for birthday
cake that ~~we~~ baked & decorated — and
Anne & Jack were there — Kenny with
all his buddies, Bobby and Linda's
girlfriends — We really had a fun
time — laughing & eating. I was the
only one there that even had Gene on
their mind — I would have liked to
share this note with him (but just as
selfish) only if he cared for me as his wife
I don't know if he ever will again.

Today, I'm having Sammy over for dinner, his socks are away and I think Tony is coming too. I'm making enchiladas and pork & chicken. I was going with Linda & my mum to see Gloria in the hospital but I don't think I'm going - I have too much to do at home today.

September 20, 1982

Yesterday's dinner went well - I don't think I'll make Mexican food for a while - I think Ken & I really like beef burritos the best.

When my mum & Linda went to see Gloria they only stayed a few minutes - Gloria was hurt & asked them to leave because she needed to rest. I really feel very badly for Gloria because she's given up so. - I know in the past I was here to help her verbally & she had therapists but nothing was enough - she didn't like to work at anything.

September 21, 1982

Nothing special going on today. just exercise tonight - I'll probably wash all day. The luncheon yesterday was very nice - only not enough people my age.

Today was a
luncheon for a
new organization
Angels of Healing to
return to
nature people.

Bob had a disagreement
with his friend many
who kept been very
mistaken - and the
fact
Chucky
Chase

September 22, 1982

Today I saw Dona, we had a real
good session - we get into so much that I
can't relate them at random to anyone at home.

September 23, 1982

Today I was told that a hearing would
be held tomorrow at the hospital to
intern Glona at Woodville again.
My heart aches for her but we learned
from the past that I mustn't let her
misfortune guide my life - because
everything is so negative with her
that it draws me down - as I probably
did to Gene with my negativity. I
must go on with my life positively and
do whatever I can for Glona without
it consuming me. Tomorrow is my 35th
School reunion & I'm attending it by
myself which is a concentrated effort
on my end for the first time in years.

September 24, 1982

I kept myself positive all day. Went to the
reunion a little nervous but when I got in there
everyone was so nice to me - I danced with another
Gene, he complimented me & I had a very nice time!

September 25, 1982

I went to bed very late last nite, when Linda and Ann picked me up at midnight (like Cinderella) we went to a coffee shop & had something to eat. Today I have to see my allergist, visit my optician & then to see Gloria. She was very glad to see Linda & me & ~~eat~~ sat up in bed - she was very thin & it broke my heart the way she looks but even with all my positive thoughts I gave her, she ultimately sank into depression & wanted to ~~lay~~ ^{lie} down again. I cried when I left her because I know I can't go on trying to help her - I'm not all together sure it's all her - It's probably her sickness also.

September 26, 1982

I'm making dinner tonight for Tommy, Tony & Ken because they'll be leaving for the West Coast Wednesday morning & I'm in the mood. Write letters Yon-Kipper. I haven't heard from Gene since Friday morning when he came for his mail. I really don't know him anymore - It breaks my heart to see him so removed from me.

September 27, 1982

I feel very depressed today. Gene hasn't even called - for the life of me. I can't believe a father & husband of 30 years can block us out so - I know he sees new friends now but could he be that happy with them that he can put us so aside in his mind - I'm so saddened today. I hope something happens soon to make me positive again. There is no way that I could possibly have hurt Gene the way I'm being hurt this year - no possible way. I always kissed him & showed him love in many ways and I was always here. He shows me no love and he's never here!

September 28, 1982

I should always remember to write in my journal each nite no matter what time it is - I'm really writing 4 days from now, so it is hard for me to remember. I have to look at my dish calendar to clue me in. Linda called me from work this morning and she really felt down - she hasn't been feeling well & secondly I think she's very hurt with Gene - She spoke to him this morning and

She just doesn't hear in his voice that he misses her. She only hears him talk about the boys. I'm sure his guilt relates to her as well as me. I was very angry when she cried a little so I decided to call him at his apartment & he was very surprised at Linda's unhappiness with him (I really do believe that men only think out of one side of their brain!) I really laid into him about himself & his relationship to all of us now. Later in the day before bowling, he came over to see us & also get his mail. Ken was home & Gene wanted to say goodbye to Ken. He's going to Karen Palacios' wedding in San Diego. Sammy, Tony & Ken will stop off in Las Vegas first then to California. Gene always acts more macho when Ken is around.

September 29, 1982

I have a session with Dona today, plus grocery shopping. Now that Bob is unemployed he has more time to take me places. What a drag for him. Ken goes West today.

September 30, 1982

Gene came over today. He seemed so calm after seeing Dona today. In our conversation he brought up his commitment

to her this year because of JUV and how
he may leave his apartment for 6 more months
till June 1983 until his stint with JUV is done
because he can't stop his connections with her
and his other friends of JUV. He talks like he
wants to come back after that but his closeness
with her for the next 9 months is just too much for
me to bear & I'm losing all hope of being with
him ever again. It's really pulling me further
apart from him - I can't see how it will
allow him to become closer to me when he
never can take me out or be seen with me, all
because then she'll feel she's being used.
I just don't feel comfortable with his rationalization.
It may be all right with him, mentally -
but not me. I must talk to Dona next Wednesday.

October 1, 1982

Gloria will go back to Woodville, today.
She has just given up - doesn't even want
to eat - I guess she just can't see anything
good for the future because it takes so much
effort to get to the good things. Just look at
how badly I accept things - things do look
good for Gene & I in the future - but I want it
right now - I'm not even ready for it yet.

October 2, 1982

Ken is already in San Diego, Gene went to Harrisburg for his first state meeting with his friends, Bob got a job yesterday running the Secretarial School for Mr. McNeill, at least for the next 4 months, Linda & I are going to visit Grandma for a little this afternoon.

October 3, 1982

I just can't keep it - I love being part of Gene's life, I think I'd be that way with any man I love - A man is used to leaving his wife, mostly to work & he doesn't have the sensitivity ^{not} women have, otherwise he couldn't serve in the armed forces or make a living because he would always miss his wife. I will have to learn the differences between men & women someday - Mostly I'll talk to Donna Wednesday. Lyla, Anne and I are going to Janice's shower today - It will take me away from the house for a while.

October 4, 1982

I was lying across the bed (my favorite position) writing in my journal when Gene came up. It was so good to see him! I had so many questions and he just hates that - but now

that I've gotten most of my answers - I'll learn from my past to be quiet & not ask them again. Because Gene said if I continue to harass him with questions, he'd just not come over to visit! God brought him up here today, I know, because I prayed to him to help me get thru the future - I cried again last night - I was just so heart sick to know Gene was with her alone in his car, going to Harrisburg. But today, my fears have been answered, Gene talks of coming back in July approximately, after his year is completely over for J.W.U. He knows now that he is a family man above all - and that I have changed in my personality and will continue to be independent. Although I know I have to do the waiting - what is - is. This is something between just us. He can't endanger his term in office by pulling away from his J.W.U. friends, now. If I want to meet & date someone, that's up to me - mostly I have goals to reach! I feel so much better now, I mustn't think of what is happening or will happen, just at the end result!! Bob & I took Angela to her meeting with (Jackie's waiting) and then Bob & I had dinner - at which Bob spilled coffee all over me!!

October 5, 1982

It's a beautiful day today, I could be feeling very good because Steve but I'm getting negative a little because of the time span that has to go on between us - I'm hoping we see each other enough so our love can grow - not dissipate. I must talk to Dona about my fears - they're almost like the fears of yester-year - afraid I'll lose him if I don't see him enough or hold him enough or do for him enough! I know with Steve his goals are clearly defined & he focuses on them, mine are not as clearly defined & I don't focus enough, they get kind of fuzzy around the edges and I lose hold of them too often & that's what frightens me, that I won't be a winner!! I just have to be!! I go over in my mind constantly the goals I have to reach, I read positive thinking books, I go to therapy, I go out with people - but ultimately I lose thoughts of my goals & let negative thoughts in - will I ever rid myself of this part of me? - I have to talk to Dona tomorrow.

October 6, 1982

Went to breakfast with Linda, she has some
sort of allergy that allows her left eye and
face to puff up - get itchy and hurt her. We
went to a dermatologist & they said it is very
hard to find the culprit - but she gave her
medicines to take. Then Bob took me to
Donna's and as we talked I told her about
my fears of Gene seeing Emma-Lou another
9 months without actually ever taking me
out & she said I must ask him to take
me out every now & then & see how it
affects me when he says no - I guess she
wants to see my reaction if he isn't always
with me - I'm really concerned because
I don't believe that a man can go with
another woman that length of time &
actually forget her which leaves me in
the same position I was in May - He must
keep in contact with me for longer than
15 minutes at a time. Am tired of being
a martyr all the time & still let him have
his cake & eat it too - I won't let him allow
me to wait until he's ready for me - If that
actually comes to pass - I want to be treated

as well as he treats Emma Lou - or let him
forget coming back to me! If he's not committed
to her as he says & also not to me, let him
treat us equally & enjoy both our companies.
But no - he needs her and J & V and his
friends first then he'll think of our relationship
That's for the birds! - I gave him 31 years
of attention & love - they've given him
one year - and he's afraid to break that
relationship because it may hurt him
politically. I feel a man's love for his
family & wife come first - he'll always
put that above everything else. If
he goes in the other direction - it's his
loss and I'll also survive and maybe
meet someone else.

October 7, 1982

I'm feeling differently today - I have to hear
what he says in small sentences and not
expect enormous paragraphs of spoken words.
He isn't me & never will be. I'll have to
realize he is Gene & not me, & think differently
than me & I have to respect him as one
will have to respect me. I'm sure he wants to
get out of his relationship with Emma Lou

and come back to us without any loose ends. He said
he must do it his way slowly, just as he will come
back slowly to me. In the meantime I must
reach my goals - otherwise I will be wasting
this precious time. I will keep plugging away
until Dad and I'm sure Gene will do the
same with his term in office. Bob, Linda, Pegie
and I are going out to dinner about 8 o'clock. I'm
so lucky to have such nice people around me.
Gene has a lot of heartache now, but he'll have
to pull through as I did. I hang on to the
positive hope that I will be together again soon
and stay happy till the day we die. I always
look to God at night & ask for his strength
and I always feel it after I pray! I also
read a positive book by Robert Schuler and
it reinforces me. - But most of all I thank
God for Bob, Ken & Linda - they make every-
thing so much easier. I also don't want
my mother to have too heavy a heart with
her acting negative - she has so much from
Gloria! It took me so long to understand
what Ken kept asking of me - now I
know and I would never have gotten
mixed together, if it wasn't for this trauma!

October 8, 1982

I had such a fun time at dinner last night with Angie, Bob, Linda, Carla, ^{and} Janice - We just laughed and laughed. I wish I could enjoy myself 100% as I should, but Gene is always in my subconscious (spelled wrong, I know). I know most people are not like me - so over-sensitive - I'm trying to overcome that, but so many years have passed with me being that way - It's hard - but I'll do it just as I'll lose my weight and I'll learn to drive. Gene came over today, things look very positive for us, but I don't really like the way he's going about it. Excluding me from his life for the next 9 months so he can get thru his term with as much hassle as possible from his cohorts (so called friends) but I'm waiting to see where I fit into this picture during the next 9 months - We have to have open communication together & with Dona or we'll lose everything. I sometimes don't think Gene is really the man for me - it's something about his character - he's very selfish in ways - He doesn't seem to know the really important things in life other than what he wants - maybe I'm wrong and that is what is important - What an individual

Wants above what an individual gives. I just
have to work within a framework of a family -
husband & children - to make us all happy -
together - I guess I was also selfish thru the
last 10 years - making others unhappy and
me happy with my successness because
I was truthfully unhappy. What a vicious
cycle !!

October 9, 1982

Kim comes home from the west coast today
Bob is in Johnston for Alumni Day at
Pitt. I hope he has a good time.

October 10, 1982

Linda is going to Ohio with Carla², Jill & John
to visit Jill Cooper - I'm glad she's
getting a day away.

October 11, 1982

Getting my hair done early this morning -
then to see Dona - then tonight I'm going
to a meeting of NAMP with Angie.

October 12, 1982

The meeting last nite with NAMP
proved to me that it just isn't my thing.
The crowd is just a bit old for me, and they're

all friends - a Lenn's Hills chapter - It doesn't affect Ange but it does me - I feel that I'm their daughter - I don't feel like an old 53. I told Ange I just can't go anymore, it has an adverse effect on me - She said she understands. When I went to Donna's yesterday I told her of the circumstances between Gene and I for the next 9 months at least, and she wants me to ask Gene for something and see if he returns the request and if he doesn't - how do I accept that. I don't quite understand that but I feel hostile toward Gene in my mind because he really isn't giving me anything at this time, in the way of companionship. So when he came by this morning - after not even calling me for the last 3 days, just to talk - I was very cold because all he talked about was GUV and all the work he has to do today and I just got angry and told him to leave, and stay with his Emma Lou. Heasperates me so - Doesn't he know how hurt I am with what he is doing? Does he feel I can truthfully look at him without anger - I could -

if he would show me more sincerity in what
he is doing and why - But I don't know and
trust this man - yet' I don't know if the
man I ~~live~~ with really loved me or was
here because nothing else was open for
him? Even tho I didn't go into therapy
myself years ago - neither did he. I guess
if I went first, he may have followed -
but maybe not - maybe he didn't want
to keep our relationship together - maybe
he always wanted that last chance at a new
life - That hurts!! Well I ever know the truth -
~~do~~ I really want to.

October 13, 1982

When I woke up this morning, I got dressed
& I thought I heard someone in the garage
and it was Gene, he had to get his signs
ready for his Flu Clinic this Sunday - he
never insists on me coming - maybe he'd be
too embarrassed for me to be there I probably
won't go - but we talked about the printing
he had to do on his signs & together we
came up with - Bobbys stencils &
waterproof colored pens. I set him up
down the game room where there was a lot
of light! (he doesn't ever make things easy

for himself) and after he printed one sign, I would go over it free-handed to darken the letters - I really enjoyed that - I guess it goes back to my artistic days. Later I made Ken & Gene Punch - he doesn't seem too comfortable with us - It seems so strange because he's my husband & Ken's father.

In the game room later on - I looked at him & I saw the old Gene - and I had to hug & kiss him - he seemed receptive. Later after all was done - he was going & kissed me goodbye & said he'd see me soon & I told him to call me more often and he said things would be better soon. I'm OK as long as I think positively but when I think negatively - I hope he comes back for all the right reasons.

October 14, 1982

Today was a very important day for me - Gene came over for his signs for the ~~Flu~~ Clinic - I didn't want to be there as soon as he opened the door so I stayed down in the game room embroidering - but thinking he wouldn't bother me upstairs (because he'd think I was sleeping) I came upstairs to see him -

He was friendly enough but I always seem sort of
of sorts with him - because I never know how he
feels about me. He had to leave right away - I
wasn't sure he'd be back but in about 45 min
he was - he talked to Bob & Ken but things
just weren't natural for all for us - In his
conversation with me I led into a touchy
subject & I didn't like the way he answered
to it so in order to cope I left the room
and went down to the game room again. He went
outside to feed his car with all and before he
left he came down to say goodbye to me. I was
very upset with negative thoughts & I came
thru with all the wrong sentences again -
all the way down to denigrating Emily Lou
in front of him & his leaving. I knew I
'botched it again'. I couldn't stop crying -
Ken came down & told me off good. I was
a jealous, disgusting woman and he was
ashamed & didn't want to talk to me again!
I tried to make him understand but he just
went out - I called Linda - my only
daughter - someone who might relate to
my hurt - and she did but didn't know
what to tell me. Bob was home and

felt bad for me. But as I thought & thought, I
went over what Ken told me & saw what
Gene has been seeing in me for years - and
can't stand about me and doesn't know how to
handle me - when I get this way. - But knowing
ultimately I must change my method of
 coping to something much more stable -
I decided to call Gene & apologize - again -
& promise him I will learn to cope when
he comes over - And I told him that
we mustn't hurt each other any more -
he agreed & also agreed that we belong
together. That made me feel so good -
So I'll begin right now - again -
to be a positive person and as Kenney
always says - throw away those negative
thoughts - I'm sure that Gene isn't happy
with what he has done - with Dona's help
she'll make him a better person to himself
and ~~Kenney~~ ^{Gene} will see himself more positive.
Someday if we both progress the way we
should - we'll be together & start out a
new & good life - Because we feel good
together - at least I do with him. With
God's help - my know how - and the kids
support - I'll make it!!

August 15, 1982

Today was a very crisp, cold day - the kind that made me feel like traveling and breakfast - I took a chance on calling Gene to ask him to breakfast - he was a little hesitant because he's working some & wanted to go to sleep early but he said "yes" - I told him I would accept a "no" also - but he said "yes". I asked him to go to Bob Evans off the turnpike, because Linda & I and a few others went there for dinner & it was excellent and not too much - but their breakfasts were very high and the french toast was so small & also cold - I felt sad because I wanted it to be special for Gene & me - We did a lot of talking - Sometimes Gene got real angry at me because I didn't want to accept everything he believes in about life & also he doesn't believe in all that I do. But after we got home, I thanked him & kissed him & he said he'd see me soon - not too soon because he's not ready to come back yet - which I truly understand - And being I know the part I played in this whole learning year - I have to wait for the final scene. It isn't too tough because I'm the winner & will always be if we each give our best to our marriage.

October 16, 1982

Went for my shot today & my hair & then home - I feel a little down today because I'm used to seeing Gene all the time & now with him leading another life, I don't see or hear from him. It's oh so confusing and so downheartening, I really don't like what is going on & but I have no choice but to see it to the end - I'd like to scream - "Forget about it Gene - I'll live by myself until someone else comes along!" - But I don't know if I'd be hurting myself in the end.

October 17, 1982

Today is the Flu Clinic, Gene is all caught up in that - He doesn't even really care if anyone of us gets our Flu shot - I just don't like what he is now - It frightens me - I don't like this kind of man - I always thought what he was before was really Gene but it was someone I made and I don't think he ever liked being that man. Gloria called tonight from the hospital - She's still so sick - It made me cry. I mustn't ever let myself get that bad.

October 18, 1982

I thought Gene would call me today - but no! Am so tired of thinking out thoughts. I feel exhausted. - Am doing things around the house - Bob is due home from Ohio State - Linda, Angie & I are going out to dinner. Walked to my Mom today, I tried to keep up her morale the best I could without letting her know how I truly feel!

October 19, 1982

Gene hasn't called me again today - If I could only be sure he's thinking of me and wanting that new future for us - I could stand him not calling but I'm always afraid that we're not in his thoughts at all and he's devoted his life to others!

October 20, 1982

Bob and I were invited out to Betty Athens State for dinner - That will be a change - Also I wrapped my outside furniture myself - Not quite done yet - It made me so sad because I've always did that - I never realized how much work it was for him - I miss him so! I wish

he would tell me a little more often that he misses me - I wouldn't feel like everything was so one-sided.

October 21, 1982

Bob and I had a real nice time at Betty Athens last nite - I'm sure we gave her a nice evening also - We laughed a lot! Today I'm going to see Dona & Bob, will have breakfast with Gene after his session. I woke up very early this morning thinking of Gene and decided I would give him a card telling him how much we missed him - It can't hurt, since he's expressed a desire to come back to me next year. A show of love to each other, no matter what way, can only bind us together a little better during this trying time. If Gene finds this note to his liking - he'll show me. A few minutes after I got to Dona's, Gene was coming down the stairs - he gave me a little kiss & I asked him how his session went and he said good but he didn't know how I would take to the outcome. Of course he meant what he intended to do this coming year - he has to complete his term in good standing, that includes Emma Lou - he's committed to her

this year - not to rock the boat he'll go on as before with her & then taper off and then he'll stop seeing her completely - Then he'll go into counseling with me & seeing me always. This does not mean an absolute with us - It's possible we won't "jell" - I told Dona, it means practically nothing to me, because it won't change my life for a long time - all it means to me is that Gene doesn't want Emma for forever & may want to try to get back into the fold with me. Even if it never comes to pass - I still must go on - goals and all. What do I have to lose at this point - It makes me feel pretty good about myself that Gene still seems to need me - I may still meet someone else in the meantime - but I know I have to get there (to really feel good about me) and I must learn to drive (for independence).

October 22, 1982

Nothing special today - I feel good but I also feel sad & degraded from all that has transpired - but as I said many times before I have a lot to do with what has happened but Gene hasn't helped in the past to alleviate it - but I should have known it would come about with the way I was acting.

Something terrible did happen today - Gene came over with his receipt from the bank deposit - and there was something about him that I just couldn't stand - that look of smugness that I see now & then - I let him have it right in the face - even lifting my hand to hit him - what coping! he left & I told them never to come back - I cried again as before! I screwed it up again!

October 23, 1982

Today Gene is going to a big TWV affair with Linda, Ken & Bob and myself & a gang of Janice's wedding - that should be fun! After I get my hair done & Linda gets her nails done we'll go to lunch with Carla & Annie & then get dressed, & go to the wedding at 4 PM. It is so hard for me to live life without Gene - I can't expect him to feel the same because he's not me - most people are not like me.

October 24, 1982

The wedding & reception were just great - I saw a few friends from Pitt and I had a great time with my family - In the late evening, I danced & danced with Ken, Bob, Tony & Sammy - My gold shoe broke & I had very little to support my foot so I took them off - What will I be like when I get them - they'll be no holding me down!

October 25, 1982

I'm making cookies today for Angie's St Peter's Bake Sale coming up. Gene called the house on Ken's line to talk to Ken but I answered & he talked to me. I got over my frustration

and we had a civilized conversation - He reaffirmed his desire to come back to me next August or so, after he winds up everything with Emma Lou - I might as well be positive - Being negative only makes me miserable - because everything may turn out in my favor and we can live happily ever after - I'll never know till we reach that point - It probably won't be any sooner unless she gets angry at him & breaks it off herself - but I doubt it because she's in the same light with him - Even tho he admits to a mistake on his part it's been very hard on me - If I never meet anyone else - It would be stupid of me to snub my nose at Gene later just for revenge because he can get along much better by himself than I can - I like being a wife to a man - but only if that man appreciates me.

October 26, 1982
Nothing special today, the normal doings around the house - Gene probably will go bowling tonight - Will I ever feel confident with him again? I know I'll never trust myself with him as I did before.

October 27, 1982

Linda & I are going out to dinner tonight, she's my best friend, I always thought Gene was, but I misjudged him - that does hurt me so, because I still can forgive him for what he has done, it's hard to - but if he owns up to it and tries to come back truthfully, then I will - I probably will forgive him, even if he doesn't come back - but I'll always be hurt!

In the car tonight, while Linda was driving Ken to work, Ken must have been edgy about his own problems and he started with me again - such as if Gene comes to live in the condominium, he doesn't want me to ask questions about Gene's doings, even if he brings Emma Lou to the apartment, and I feel so hurt, I told Ken if he allows Gene to sleep with Emma Lou at that apartment I couldn't stand Gene for doing that in his son's home & I don't want Kenny to come home to me for allowing his Dad to do that! Naturally Ken flared up at me & put me down again for my past wrongdoings & I cried & asked Linda to take me home - there we talked - and I went out later with her again. I just can't take much more of this!!

October 28, 1982

I got over my unhappiness and talked to Ken again this morning about normal things. I wanted to show him I can cope, but my heart is broken from him and his father. I know he loves me & wants me to be strong - but his methods are devastating. The rest of the day went good for me - I made a cake for Bob for tomorrow, he wants to treat everyone at work. The cable man came over to fix the lines so our TV will come in better, and he did, and I wrote his boss a letter commending him on his overall attitude. Then later in the evening, Carla & Linda were in the living room when Ken asked me if I went exercising today & I said we were starting up Sunday afternoon & then two more times each week - and he started to demean me again for not losing the weight I promised & not driving and putting the burden on him & the kids & I couldn't cope & I let him have it about him & his father's doings and how he should chastize his Dad a bit more & he said he didn't want anything to do with either of us - and I cried again all night.

October 29, 1982

Today is Friday, Ken apologized to me again as I have done to him before, he's just very upset with me because I've lost all my positive thinking - I really haven't, but it seems so to him because I haven't lost any weight this month - I'll get started again!

October 30, 1982

Bob, Linda & I are going to see Ed, Trust & the kids - Linda will dress as a clown because she's going to a party later I'm getting my hair cut today, I hate new haircuts - because eventually my hair becomes straight & I need a permanent again!

October 31, 1982

Halloween - The kids will be coming around about 2PM - I have packs of gum for them - because of the terrible scare within the Country of "Rooks" passing everything - a lot of the parents are afraid of what their children may bring home! Yesterday we had such fun with Jessica and Arnie, they're both so cute - Ken went over with a few friends last night to play cards with Ed - Linda went to her party and Bob took me grocery shopping

I intend to
stay positive
from this day forward!

November 1, 1982

Gene was gone for the past few days, Ken knew more than me but I know she would be with him - I don't know how he does it and still wants to come back - I guess that's a man for you. I went to Don's today and when I came back - Gene came over for the mail and we had a real honest talk - He definitely wants to come back this coming year but is committed to his term in GUV and naturally she is part of that commitment and that's because, as I said before, everything would get "screwed" up and he still needs therapy to get himself together and I guess it's just too soon for both of us so I'll use this time to get ready for when we'll eventually be together again - I'm looking forward to it because it will be new for Gene and me - again!!

November 2, 1982

Gene came over for just a little while today, he went to vote then stopped over for his mail, Bob and I will go to vote & then we'll grocery shop a little with this new job. (Bob has a bit more free time.)

November 3, 1982

Nothing special today - just a day to put the garbage out!

November 4, 1982

Nothing probably happening today is that Gene went to see Dona - he didn't call me tho!

November 5, 1982

Gene stopped over this morning - we had a nice talk - he always looks so strange to me and I asked why - he said he's always afraid to ask questions & that builds stress in him. He's going to Vickie Barre for a commander ball and naturally Emma Lou will go with him - It breaks my heart but what can I do - he doesn't think that much about it - but I certainly do! It's unbelievable how he can be with her but not truthfully want her forever!

November 6, 1982

Getting my hair done & then Linda and I will meet my mom & we'll visit the Senior Citizens Home for their annual Xmas Bazaar. I bought a few things - I'll use them to decorate the house for Bob's spaghetti dinner on the 17th of December. Have to get the house cleaned!!

PS: Gene went to Phil's car wash this week - looks good. Gene is going to take the car to the auto shop to get it fixed. I hope it's not too late to get it fixed!

November 7, 1982

Just one of those lazy Sundays.

November 8, 1982

I'm going to see Dona today, then grocery shop with Bobby.

November 9, 1982

Nothing special today either!! I'm feeling a bit depressed - I miss Gene a lot!

November 10, 1982

(She has a Vacation Day) Went Grocery shopping again this time. ~~Let~~ Look me - These stores are always having specials & I have to keep borrowing money from someone. Ken told me Gene called on my line to talk to me but I wasn't home. So that night about 9PM I called him to say hello & tell him about his mail & he sounded strangely curt and abrupt - he said he was shaving and had to run because he was going to work early - I felt so left out of his life - I mentioned that Solwe then was coming over on Nov 18, and he wanted to be there but said he was busy that morning - and I suddenly realized that Emma Lau told some women she had to

got her Doctor to check a couple of lumps on her breast & so I asked him if he was taking her & he said yes & I asked him if he was her husband or mine & he said "neither" & thank God I coped because I was furious! He said it was his business & he said he had to run & I said fine - "do your thing"! After I hung up - I cried like a baby, had a little argument with Ken - then went to bed crying - Shephone rang about 10:45 PM and it was Gene calling from work, apologizing for his tone of behavior with me, but he said Emma Lau was in his apartment & he was unable to talk to me any other way - I told him she's been hurt so much and he cried & said he knows - but she means nothing to him & someday we'll be together - I thanked him for calling and I hung up & thanked God for the message. I also told Ken, Linda and Bobby.

November 11, 1982

Today it is wet and dreary - It's Veterans Day - Gene is marching downtown and Linda said he called & asked her for breakfast Saturday morning.

November 12, 1982

Today I got up real early because I have dinner tonight at home with the family and I invited Betty Athens - I worked all day cooking & cleaning just enough to make it look neat & I wanted to call Gene & wish him a good day because I missed him - And again I called at the wrong time - I thought he was going to bed late because I called earlier & he didn't answer - but that was because he was sleeping so soundly - So I called at the wrong time and actually woke him up - but he was as pleasant as anyone could be - after being awakened by his "Mudger" wife - as we talked he again said that he can't move too fast out of his relationship because he can't do it that way - he would put too much strain on himself & I would just have to wait until he could do it his way - It really doesn't matter too much (altho I'm very lonely at times) I still have to get there before he comes back - I must look like a new Ruthie for him and me - or I'll be like the old Ruthie again full of doubts & fears. (The dinner tonight was excellent - everyone enjoyed themselves)

25. My biggest problem is I allow Gene to invade my thoughts constantly - It's a habit I developed over the last 30 years - I could have a million things to do but I always keep him in my thoughts, maybe if a new man came into my life that would force Gene out - maybe that's how he forces me and the kids out with his new life - I hate thinking that but what can I do - It makes me resent him & I hate to.

November 13, 1982

Linda & Gene had breakfast this morning for the first time in over a month - She said he looks lazier as usual but told her also that he was coming back but had to do it his way to lessen the strain on him because of J.W. and his commitment to her - It's understandable but I get very negative at times, especially today and I wasn't my best today, especially to me! Poor Linda, it's no wonder her eye swells up - It's the trauma I build up in her with my questions about her Dad - Tomorrow I'll leave her alone to enjoy Sunday the way she wants to. We never gotten myself involved with a "lover" - I got myself utterly involved with my family and Gene until I destroyed us all (for the time being) I don't know if I'll ever be so deflated ego-wise that I'll allow another man to come into my life - I guess it can happen, if you're unhappy much your mate as Gene was - especially for a man when sex is offered to him on a silver platter by her! I have to think positive again & not try to doubt him as I always do - because I don't progress with my goals & I just must!!

I get a real nice permanent today - pretty nice!

November 14, 1982

It's Sunday and Sundays always brings Gene to my mind. Because he was almost always here on Sundays — Today I'm here and he's at a JUV meeting and breakfast with her. He claims he wants to come back next year — Maybe August 1983 but how can he forget her after all she's been to him. Why would he want me — what do I have that she can't give him, except her children against mine — Is that the only thing I have? I want a man to enjoy me — just being with me and enjoying what I do — Does he really miss that? What did I do that she isn't doing & did I do it better? Am I more fun to be with? Am I prettier to him than her? Does he really feel that he made a mistake? Would all of this had happened if I would have remained plain and active? Couldn't he have been pulled away anyway because of boredom? I'd like him to tell me more, but he won't at this time — he always says I'll make it up later! I do have a lot to do yet with my life — I need the time — but the loneliness gets to me — I have god for my kids then I always cry for my sister!!

November 15, 1982

Mondays are like almost all Mondays, usually I go to see Dona, but now I go every other week. Today I have things to cook and washing and ironing to do - Nothing special otherwise.

November 16, 1982

Linda, Carla & I were to go exercising tonight but Carla wants to shop instead so Linda, Anne & I are going out for a bite to eat, then to the movie - An Officer & a Gentleman - \$1.50
Tonight - A terrific movie - I'm still sad inside when I see love movies - I always cared for Gary more than he did for me - Is that a woman's way or just mine? Bob went down to Pitt today, advising & registering for 2 classes for the winter - I'm glad he's doing this - he has such push - Boy do I lack that - I can tell others but I'm very slow at focusing myself - I dream too much - a lot like Kenny - altho he refuses to say he's a lot like me - Only I'm neater.

If I could only start getting more weight off I might be off and running - I'll keep trying - that night-time eating is still the culprit - I'll have to try to go to sleep earlier

Nothing very special today. November 17, 1982

November 18, 1982
I'm just going to wash and iron today and go to Spa Lady Conite. Gene is taking Emma to the Doctor to check lumps on her breasts!

November 19, 1982
Gene came over this morning to check the humidifier on the furnace while Schulthies was here - naturally I was so glad to see him (I must be daffy) I kissed him & he seemed pleased to see me - but a little more distant than usual - maybe something going on between him & Emma Lou or maybe he was tired from being up most of yesterday and working last night. I mentioned to him that I had a coupon for 2 Chicken Sandwiches at Hardy's and he asked me if I wanted to go and I said "I'd like to go - if he wants to take me" - he said he would, but he didn't sound too anxious (I really wanted to give him the coupon for himself, but I guess I hoped he'd ask me - but ... when he finished with the furnace and his mail - he went to put on his jacket and didn't even seem to remember about me going with him - and I flared up and told him how much he's hurting me - him and his "slut" (I hated to

lose my control, but I can't stand him anymore, I'm
like nothing to him and she's everything - it just
gets to me sometime - If only he'd speak to me
and tell me he cares about us getting back together
again - I could go on so much better - but when
he's silent I feel like he really doesn't want
me anymore (I really shouldn't care - I
may meet someone twice as nice as Gene.)
Someone who has character and real feeling
for his mate - he's hurt me so this past year -
I've learned so much about him - I don't think
he's been really truthful to me since we met
him! I slammed the door on him and told
him to leave the bank receipt & money in
the mailbox but he didn't and I was sitting
in the living room and I asked him to sit
and talk & he said he wouldn't discuss
anything with me that would turn into
an argument - and he left. I cried and
cried again & naturally I called Linda
to get her views & without telling me tell
later she called her Dad & told him off -
he said he was very tired & had to sleep and
things would be better later. (who really knows
& what I feel - who really cares!) Later Linda & I
went out for dinner & shopping - I love her!

November 20, 1982

Got up real early today. Had breakfast with Linda then to Siscos - Frosting for me & nails for Linda - My hair turned out real nice - Then we went Birthday & Xmas Shopping.

November 21, 1982

Sunday - Linda will take me grocery shopping while she Xmas shops. I made the family a nice dinner - Haven't heard from Gene at all - neither has the kids - The weekend is for her - It's unbelievable!

November 22, 1982

This Monday (for reasons I only know) because of over eating Sunday night - was one of my worst in recent weeks - I feel just awful - mentally and physically - I haven't even gone halfway toward my goal of weight loss - All I do is think of Gene and what he has been doing and how hurt I am - But I think & think how I am partly responsible for this because of my weight gain & mental attitude & how I'll never realize the true outcome if I don't change and regret away - We been thinking much too negatively - Starting today I begin again - whatever I can do - Stay the same or go backwards.

November 23, 1982

Today was a hummer also - I know people have worse days & I'm thankful this one was nothing like other people have - but Ken had his hands full trying to evict his tenants - he went up there and found the house further than could be imagined & he changed the locks to keep her out but when she came home she ripped the legal notice that was on the door & forced herself in, (in not quite sure how) and Ken had to get Mr. Salerni again & he took her to the magistrates ofc (who asked proof of bad checks against her) and she told the tenant she had to move out & clean the premises within the next couple days or face 12 days in jail! (She paid the magistrate cash for the bad checks - I don't know how she got away with that.) So Ken is now waiting it out - In the meantime he missed class today & didn't go to see the Doctor yesterday about his bad little finger, he hurt in basketball. His priorities as far as I'm concerned are out of wack but he always tells me off and reminds me of my inequities which hurts me & I turn negative and beat again, with no regard to my goals & then I'm reminded of what Jesus doing & has done & the merry go round starts up again - crying and Eeking!!

Gene called
this morning and
sounded so all a good
Thanksgiving - the second day
but said maybe next year would be
different - and I asked him if he said it
would

November 24, 1982

This is the day before Thanksgiving, the house is reasonably clean for just our family (Some people probably would comment that the house was spot-less, but to me everything has to be perfect) I'm going to make the turkey parts today then come & put them back into a little roaster. I hope Gene is back with us next year & every year after that! It just isn't the same without him, but I'll never understand his thinking and his feelings for the family - but I know now that we aren't alike as I always fantasized. Ken's tenants are actually moving out today, Sam Palermo as constable is checking her to see that she leaves everything reasonably clean.

November 25, 1982

Thanksgiving Day! I'm really happy that most of my family is here - The food smells great - I'm there with my preparing at 10 AM - watching the Thanksgiving Parade on TV - I must I knew how Gene is feeling today without us - Grandma will be here today also - The dinner was great - we all ate too much - I'll wash the dishes tomorrow.

November 26, 1982

Thurs is an easy day, dishes & pots & pans are all washed, everything put away - I'll call Irene Michelson today & chat - chat. Anne & I see each other quite a bit - she's very unhappy, Jack has changed so - he won't answer her when she talks to him - he won't really say why - but it's getting to her - she'll have to see her psychiatrist just to see how she must cope! Were having left overs today - Linda hates that - Ken loves it - Bob will probably be gone all day.

November 27, 1982

Getting my hair done, Linda getting her nails fixed then a little Xmas shopping.

November 28, 1982

Just a quite Sunday.

November 29, 1982

Next to see Dona today - had a good talk - when I got home - Ken said Gene stopped into see me - I was so surprised when he called me that evening just to say hello and chat - he once said he'd start calling & seeing me more - maybe it'll start soon - more often.

November 30, 1982

I had a product we day around the house
I had to write a good letter to Gloria's attorney
because her husband wants to decrease support
payments - She also got medical assistance
for about 6 months - retroactive - I had to call
a lot of creditors - Then I called Gene
about 4:30 PM - he was very pleasant -
he was greeted & was going to go fishing -
we laughed about the grandchildren - I'm
trying to keep it light & friendly because
I know we'll never get any where if I
bring up what he's doing - I'm sure he
knows it was wrong - why should I hit
it over his head all the time - I couldn't
take it all the time if Ken told me my
faults everyday - I'll just dispense it
from my mind and hope we get together
soon. Dona said he had to leave me
for his own mental being - he just
couldn't take my harassment - I know
I was doing wrong - but he let me get
away with it for so long - I just couldn't
contain my emotions - It's called
Coping!

December 1, 1982

Today's Mum's 73rd birthday. We'll try to make it a good day for her. Gene sent his own card even tho he knows I'll sign the one I have from both of us. I'm glad he remembered. We went up the mall, my Mother and I - I think we arrived there too early because I thought she could keep busy shopping but when we were there, she said she could do as well at the Miracle Mile so we walked a bit and sat down to wait for Linda & Bob to join us for dinner - which was a wait of about $1\frac{1}{2}$ hrs. Then they finally arrived & we had a real nice time - We had the waitress surprise my Mother with a slice of cake & candle & a birthday song. She was very surprised & very filled! Then we took her home & she opened presents & cried.

December 2, 1982

Gene called me today, lately he calls me and asks them maybe has something to say to Ken. He went to the VA doctor about his knee, he got water on it from inflammation & hasn't worked for a few weeks - he talks about that plus he needed Ken to take him to the post office for his check the next day so he can deposit it.

We talked for a while. In my heart I was very concerned but I'm so deeply hurt by his association with Emma^{fen} that I feel drained - I know he cares for me a little because of our long association but I cry when I think I still care for him so much after all he's done to me. Maybe I have to realize that I really don't love him, because how could I - it must be just a longing to belong to someone. We talked some more & then he got angry because I was asking too many leading questions & that's been one of his pet peeves about me so he got hostile & macho - one of his new things he uses with me & I'm sure with his girlfriend, but she accepts it and wouldn't dare argue because he may walk out - but I can't take it because he's never been that way with me. Maybe I never will take it and tell him to "shove it". He says he wants to come back but doesn't know when that will take place because he has to clear his life and his head & he says what would I be doing differently - and that just infuriates me. He leaves me, devastates me by going to another woman & I still long for him - but I'm going to become stronger & show him.

December 3, 1982

I got up early, bathed, fixed myself up, had everything on the dining room table to talk to him about & he comes over with Bob (who took him to the bank instead of Ken) he was limping, not looking at me but saying "Hello Ruth" & I was a little angry at Bob because he purchased regular stamps instead of Xmas stamps, but I didn't know that Gene bought them & when I found out I said it was OK but of course Gene found a "flaw" in me because I argued and when he didn't make a move to take off his jacket - I asked if he was going to take it off & stay a while, & he said, "yes maybe about 5 minutes" and I just couldn't hold back - I said "I was your wife for 32 yrs & you give me 5 mins - while you give that slut 'yango' with - time, love, your body, dinner, money etc" well you can keep her & she can have you - I'm too good for both of you & I grabbed the card I had given him for Chanukah with the nice words in it & \$25 and stormed upstairs - he left & I cried my heart out. Who does he think he is - God's gift to women - far from it - screw him - I'm finished - Crying for him - he's hurt me enough!

December 4, 1982

I was just drained emotionally today. It really shows on my face & my eating habits. But I must, must realize that Gene has such an ego problem, that he has to turn to other women to pull him up - well poor him - If he doesn't know what real priorities are in life that's his problem - I don't really need a man that needs other women instead of his wife - I'll never stand for that again! I must keep strong, get thin and maybe I'll meet Mr. right - Gene can have those other women, I was the best, I had faults but he had the best person he could ever find - I had heart & love for him - but he threw it back in my face twice in my lifetime - never again!!

December 5, 1982

I kept myself busy today, Xmas cards & other little items - but the day seemed so long. Kenny & I were not talking too much today. He was mad from yesterday when I told him that he was like his father - his priorities were all mixed up - So today when I asked

him to remove some keys from a key chain of his
& replace them with some others, not to
procrastinate as always, he got mad & told me
to do them. I of course retaliated & threw
a few good words in also - Why must I only
cope - why can't others cope also - I can't
always feel guilty because I retaliate in my
way - Gene retaliates in his way and that
hurts me desperately also - Is the answer
to learn to communicate better with one
another so we won't hurt each other so
much - well Gene try as well as I must -
or well we end up never being together
again. Sometimes I feel that may be the
way it will have to be - maybe he'll be
happier with another kind of woman -
I may never have been right for him from
the start and vice-versa. When we were
together during the past - we had some
really nice times together - loving each
other and the children & our life at home
together - I think it all turned sour when
Gene left me the first time - I never got
over it & I may never be able to get over this
either - unless Gene really shows me he wants me
above anyone else ~~and for~~ the right reasons.

December 6, 1982

Linda accompanied me to Dona's today for my session because Dona has to get a rounded picture of the problem thru the children, with their input. Linda did not seem too damaged with what has progressed so far - She must have been much more unhappy the previous months at the outset of our break-up than she is now, because if I'm happy, she's happy. But she told Dona that I'm unhappy too often even at this late date - Dona told her that would happen because of my affiliation with Gene for so many years - but I've promised myself for me and the family to try to remain on even keel with everyone including Gene - because my ups and downs are hurting me & everyone else. All I can do at this point is progress & be as happy as I can. If Gene wants to come back, it will make it easier for him to enter. He called me tonight & I still feel for him - a lot more than he does for me, because I haven't been seeing anyone. His knee is hurting him so, he hasn't worked for about a week - the inflammation centered on his knee & water developed - he's seeing another doctor today tomorrow morning - I still care.

December 7, 1982

Gene is going to his Doctor to check on his prostate
so I called him about 1 PM and we conversed
pleasantly. I told him I'd like him to stop by
one morning this week, because I have mail and
things for him to sign - He said Friday morning
was fine - This time I will not fight, if he doesn't
want to give me much time, fine - I'll learn to
be satisfied with less from people - I have learned
much much effort to be satisfied with whatever
my children give me & I have to learn that with
Gene also - I don't know why I yearn for so
much attention - Nothing seems enough, I know
the answer has to be in me - I hope someday to
recognize what I really need to sustain me,
if that's possible or just to cope with others
if they don't live up to my expectations. I
realize what Ken & the therapist are trying
to tell me - only I can satisfy me - I
haven't found my niche yet - I can keep
myself busy by myself but I long to see
Gene and include him - if I didn't see
my family I might go wild - Maybe that's
Helen's problem - I feel so sad for her
because she can't fulfill herself either.